THIS MEANS DESSERT WAR

PALTROW'S RECIPE FOR REVENGE PAGE 21

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FIRED UP

Bravest women. Firefighting pioneer Adrienne Walsh talks about her career as the FDNY adds four more women, bringing the total to 44. PAGE 04

Lt. Adrienne Walsh at her firehouse in Greenwich Village / CATHARINA THÜMLING, METRO

Police examine cop subway beating

PAGE 02

Booze traveling with Travel Channel

PAGE 22

Jets' Pryor already seeking redemption

PAGE 32

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1 NEWS

Top 3

Trending online at Metro.us

1 'Bizarre weekend at Logan involves Curt Schilling, a fake grenade, a naked man and kidnapping'

2 'PATCO, SEPTA come close to a fare-sharing agreement'

3 'Danica Patrick nude pic surfaces'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Brooklyn BP calls for NYPD, NYCHA changes after fatal shooting

Prevention. The city and state can do more to prevent accidental shootings, says Eric Adams.

Brooklyn Borough President Eric Adams speaking in East New York on Sunday morning / WENDY JOAN BIDDLECOMBE, METRO

Brooklyn Borough President Eric Adams slammed city and state officials on Sunday, saying both need to be doing more to protect innocent people from gun violence.

Adams spoke outside the 75th Precinct in East New York, not far from where a 9-month-old girl was accidentally shot in her stomach by her father on Saturday afternoon, and not far from where 28-year-old Akai Gurley was fatally shot by an officer on Thursday.

Gurley was unarmed and walking with his girlfriend in a dark stairwell in the Louis H. Pink Houses when he was accidentally shot and killed by Police Officer Peter Liang. Liang, on patrol with his partner, had his gun drawn and it accidentally discharged, Police Commissioner Bill Bratton said Friday. Bratton called Gurley a "total innocent."

Liang has been a cop for 18 months, and was paired with another rookie cop. He has been relieved of his gun and badge while the NYPD and Brooklyn District Attorney investigate.

Adams said Gurley's "unfortunate" death was a "teaching moment for both the NYPD and NYCHA.

Adams called for a 24-hour repair policy at public housing buildings and continued firearm training for police officers. He also said that for their first six months on the job, new cops should be paired with experienced officers.

The borough president, a former police officer, said he has performed similar patrols in "dimly lit" places with his hand on his weapon. Adams said regardless of the investigation's outcome, Liang should not return to the force.

"The fatality of taking a life of an innocent person is too fatal to continue a law enforcement career," Adams said. "I don't think there is an exoneration for taking an innocent life."

The Patrolmen's Benevolent Association did not return calls on Sunday. In prepared statements, the PBA called the complex "among the most dangerous" in the city," and said criminals, not police, "make these places dangerous."

Adams also said Sunday he is working with Brooklyn Assembly member N. Nick Perry, who will introduce a bill in January to increase sentences for those found with illegal guns in homes where children also live.

Under current law, criminal possession of a loaded weapon is a Class C felony punishable by three-and-a-half to 15 years in prison. The law would increase the charge to criminal possession of a loaded weapon, a Class B felony, and raise the punishment to five to 25 years.

On Saturday afternoon, 9-month old Jessica Rosales was accidentally shot in the abdomen by her father, Pedro Rosales, 47, who was cleaning his Colt 45 pistol, police said.

Adams said the firearm was "illegal," and police have charged Rosales with acting in a manner injurious to a child, reckless endangerment and criminal possession of a weapon. The girl's mother, Jessica Aguilar, 24, has been charged with acting in a manner injurious to a child and reckless endangerment, police said. The baby is being treated at Woodhull Medical Center.

"We can't continue to have a culture where illegal guns are in homes or premises with children in the same location," Adams said. "It is despicable for anyone to carry an illegal weapon."

Quoted.

"Children should be around toys, not weapons, and this is a clear indication that this is a parent who didn't realize that." Adams

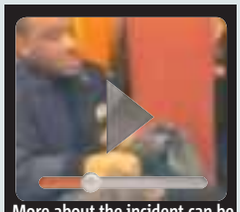
WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Crime

Police investigating cop after bloody beating of turnstile jumper

NYPD internal affairs investigators are looking into the Thursday night arrest of a Brooklyn man after a video emerged this weekend showing a police officer brutally beating Donovan Lawson with a baton on the platform of Brooklyn's Myrtle Avenue J/M/Z stop.

In the video uploaded to YouTube, the 20-year-old Lawson is seen being pummeled in the head and body by a baton-wielding officer. The video shows Lawson trying to prevent the cop from handcuffing him after the blows, before four officers surround Lawson and subdued him. Court records say Lawson was arrested for farebeating.


More about the incident can be read at Metro.us. / YOUTUBE

"It's just chilling to watch the cold brutality of the police," said Donna Lieberman, executive director of the New York Civil Liberties Union, after viewing the video. Lieberman said the video gave few clues to what led the police officer to whack Lawson.

"It points out the devastating potential of the NYPD policy of aggressively going after low-level offenses," she said. "It also points out the desperate need for major training on de-escalation. There is no excuse for somebody being brutalized like that over an alleged fare beat."

A spokesman said the incident is "under investigation" by the department's Internal Affairs Bureau.

Lieberman said the video of could lead to the installation of cameras on NYPD uniforms. "It's important for accountability, it's important to build trust in the police, and it's important as a training tool for the police department on how to respect individual rights," Lieberman says.

DAN BUYANOVSKY

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QHP14_155

Droning on

Schumer urges drone regulation

After three commercial airline pilots reported seeing drones in their airspace near JFK Airport last week, Sen. Chuck Schumer said the Federal Aviation Administration must act to regulate the pilotless toys.

Schumer / GETTY IMAGES

"You know that when pilots can easily see drones in their airspace it's a huge problem," Schumer said Sunday.

Drones raise privacy concerns and public threats, Schumer said.

Schumer previously called for the FAA to take action against "the wild, wild west" of drone hobbyists in New York City in August.

At the time he said that private investigators use drones to spy, and for illegal activities like drug delivery.

Last week, the pilot of JetBlue flight 842 from Savannah, Georgia, reported a drone flying at about 400 feet as his plane approached JFK, NBC 4 news reported, citing government officials

WENDY JOAN BIDDLECOMBE

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Happy Thanksgiving

Walsh, second from right, and fellow firefighters of Squad 18, pose in front of a fire truck. / CATHARINA THÜMLING, METRO

Being a woman and a firefighter

Bravest. Adrienne Walsh was the third woman to join the FDNY. She talks about being a women in the toughest job in New York.

With four women in a graduating class of 280 probationary firefighters last week, New York now has 44 serving female firefighters, the most in its history. Metro New York spoke with 17-year FDNY veteran Lt. Adrienne Walsh, who serves with the Special Operations unit of Squad 18 based on West 10th Street in Greenwich Village.

Is being a woman a handicap in a male-dominated environment?
I see an advantage in being a woman. Women and men are different and they deal with things in a different way. At 5-foot-3, I'm not going to walk into a room and see people's heads turn. But that doesn't mean that I can't control a situation. When men are frightened they sometimes get aggressive. When women go into a situation, the aggression level drops a bit.

How did the men in the firehouse react when you first arrived?
There was one guy I had issues with. The problem with the department was they would come into the house and say, "Hi gentlemen," and there's this long pause, "and lady." It was an effort. It was such a foreign thing. But where I am now, they are great. Most of the men are phenomenal and very supportive. Fortunately, the first firehouse I served in had an extra bathroom. The second did not.

What's your advice for women who join the department today?
People are worth your best effort. And laugh, whatever you do, don't lose your sense of humor. Hold on to yourself as best as you can. And for women, really hold on. Have a really big sense of humor. Don't think because you're a woman you have to be perfect. Make mistakes. Learn and move on.

CATHARINA THÜEMLING
@metronewyork
letters@metro.us

Quoted

"In 2014, for any organization, it's time to stop burying your heads. There are no more excuses that agencies and organizations haven't been quota'd up to reality. They assume we can't perform and can't compete, and then when we can do the job, then it's special? That idea has to stop." Walsh

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Logan Airport morning has Curt Schilling, fake grenade, naked man

East Boston. Logan International Airport had a crazy Saturday.

Saturday was anything but ordinary for security workers at Logan International Airport.

The action-packed day kicked off around 7 a.m. with a visit from the bomb squad after former Red Sox pitcher and ESPN analyst Curt Schilling's 12-year-old son Don accidentally brought a fake plastic grenade through a security checkpoint.

TSA personnel took the Schilling family into a private room so they could explain the goof, according to Massport, and there were no delays.

Then the day took a more serious turn.

Two men are due in East Boston District Court on Monday to be charged in separate incidents at the airport, and though both episodes were violent, only one involved a naked man.

Cameron Shenk, 26, of Boston is facing a slew of charges, including attempted murder, mayhem and assault and battery on a person over 60, for allegedly stripping naked inside a women's restroom on the upper level of Terminal C around noon.

According to police, Shenk removed his clothing, then climbed into the drop ceiling before plummeting to the floor and sustaining cuts to his head and body.

Shenk then fled from the ladies' restroom naked and bleeding, police said, and proceeded to attack an 84-year-old man. The victim sustained non-life-threatening injuries.

As police arrested him, Shenk allegedly injured a state trooper.

Thirty minutes before the naked Shenk dropped from the ladies' room ceiling, police arrested Anton Hilton, 52, of Roxbury, at the lower level of Terminal E. Troopers responded to a report of a disturbance involving a woman screaming from inside a BMW with a broken windshield.

Hilton was allegedly driving the car before he assaulted his 21-year-old female passenger.

The women's restroom at Logan Airport's Teminal C / NICOLAUS CZARNECKI, METRO

Quoted

"Want a good one to start your day? We are at Logan getting ready to fly. Heading through security when one of my sons looks at me in panic. ..."DAD!" ... OMG I THINK I LEFT MY FAKE GRENADE IN MY BAG!!!

Curt Schilling, on his Facebook page

MORGAN ROUSSEAU
@MetroMorgan
morgan.rousseau@metro.us

Suicide

Driver Jumps from GW Bridge

An unidentified man in his 50s jumped to his death Sunday morning from the George Washington Bridge, the Port Authority Police Department said.

Bicyclists crossing the bridge at about 10 a.m. watched the man drive his gray Mazda halfway across the bridge from New Jersey before pulling over and jumping into the Hudson River.

Police recovered his body about 30 minutes later.

Port Authority cops say here have been 23 suicides and 64 attempted suicides from bridge since it was opened to traffic in 1932. **DAN BUYANOVSKY**

Brooklyn

Porn Film Festival Comes to Bushwick

The first-ever NYC Porn Film Festival is coming to Bushwick's Secret Project Robot on Feb. 28.

"Come and celebrate your bodies and explore pornography," festival coordinator Simon Leahy told Metro. The two-day event will include screenings, performances, talks, workshops, and parties. The festival aims to incite discussion on pornography's social impact.

Individual submissions to the festival are encouraged, said Leahy, with entries due Jan. 10, 2015, and special preference given to the "messy," "sci-fi/future," and "animated/fantasy" categories.

MARIA BARBERA

In memoriam

Harlem street named for James Brown

The late Godfather of Soul, James Brown, was honored Saturday when a Harlem street was named for him.

James Brown Way stretches down 126th Street behind the iconic Apollo Theater and sits between Adam Clayton Powell Jr. and Frederick Douglass boulevards. Harlem Congressman Charlie Rangel, activist Al Sharpton and Brown's daughter Deanna were present at a ceremony honoring the musician.

A South Carolina native, Brown moved to New York in 1958 and recorded his celebrated "Live At The Apollo" album there four years later. Brown died of heart failure in 2007 at the age of 73. **DAN BUYANOVSKY**

Tony's Metro

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3 Once there, you can see all the toys, and more are being added daily. Select the toys you want and purchase them. That's it!

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Deadline looms

Iran, powers eye extension of nuclear talks

Iran, the United States and other world powers were discussing Sunday an extension to today's deadline for a deal to resolve a 12-year stand-off over Tehran's atomic ambitions, Western and Iranian officials said.

The talks in Vienna aim for an accord that could transform the Middle East, open the door to ending economic sanctions on Iran and start to bring a nation of 76 million people in from the cold after decades of hostility with the West.

But sources confirmed what officials close to the talks have been predicting: that a final deal is still too far off to hammer out by the deadline. **REUTERS**

A demonstrator holds a mock-up of a nuclear missile with the lettering "No nuke to the mullahs" as he protests against Iran's nuclear program in front the Palais Coburg in Vienna. / GETTY IMAGES

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Activists prep immigrants for new rules

Immigrant rights activists gather to celebrate Obama's executive action. / GETTY IMAGES

Scams. They warn that unscrupulous types might try to take advantage in the excitement.

Immigrant rights groups across the U.S., cheering President Barack Obama's move to halt deportations, are already busy advising undocumented people how to take advantage of the changes.

Gathering documents such as birth certificates and rent receipts to prove eligibility is a necessary first step, according to Community Legal Services in East Palo Alto, California.

The nonprofit organization is also warning that scam artists may try to profit from excitement before the application system is up and running, which could take months.

Another group called Michigan United plans informational sessions for immigrants in Detroit next month.

And in Texas, a new hotline from the Refugee and Immigrant Center for Education and Legal Services will soon provide as much as 45 minutes of guidance on how to navigate the process without an attorney.

Obama's executive order, the biggest reprieve for undocumented immigrants in a generation, has people who have lived clandestinely for years weighing whether to apply for protection from deportation that may not much outlast the president's time in office. **BLOOMBERG**

Quoted

"I'm going to take advantage of this new plan, although I know that we can't be sure about what is going to happen five years down the road. ... It's not the solution that we are looking for, but now we have time to keep fighting for something more."

Carolina Rivera, a 40-year-old mother of three U.S.-born children whose husband was deported a decade ago. She has lived in Chicago since emigrating from Mexico 22 years ago and has worked here illegally ever since.

Obama delivers remarks on his executive authority on immigration in Las Vegas. / GETTY IMAGES

Obama to his Republican critics on immigration: 'Pass a bill'

GOP. Republicans have been divided on how to respond to the executive order.

President Barack Obama shrugged off criticism of his executive action on immigration with a challenge to House of Representatives Republicans: If you don't like it, do something.

Obama was asked in an interview broadcast on Sunday about House Speaker John Boehner's assertion that he was acting like an emperor in using executive powers to tackle the issue of the 11 million immigrants living in America without documents.

"Well, my response is pass a bill," Obama said in the interview with ABC's "This Week" taped on Friday. "Congress has a responsibility to deal with these issues, and there are some things that I can't do on my own."

Obama cited a bipartisan immigration bill passed by the Senate last year and urged the House to take it up. Boehner has not given any indication he will act on immigration this year.

Republican Senator Ted Cruz of Texas said on "Fox News Sunday" his party should use spending bills to withhold funds to implement the order. That could force Obama to veto vital funding bills, sparking a government shutdown similar to the one last year.

Cruz, who led that shutdown fight in an effort to block funds for the Obamacare health plan, said the big Republican gains in the midterm elections showed the shutdown was not a political blunder. Republicans will control the Senate and have a bigger House majority in the new Congress that begins in January. REUTERS

Immigrants

4.4M

Obama announced on Thursday he was easing the threat of deportation for millions of undocumented immigrants. His measures include allowing some 4.4 million people who are parents of U.S. citizens and legal permanent residents and who have been in the country for five years to remain in the country temporarily, with the right to work.

Push

Iraqi forces retake two towns from ISIL

Iraqi forces said on Sunday they retook two towns north of Baghdad from Islamic State fighters, driving them from strongholds they had held for months and clearing a main road from the capital to Iran.

There was no independent confirmation that the army, Shi'ite militia and Kurdish peshmerga forces had completely retaken Jalawla and Saadiya, about 70 miles northeast of Baghdad. Many residents fled the violence long ago.

At least 23 peshmerga and militia fighters were killed and dozens were wounded in Sunday's fighting, medical and army sources said.

Iraq's Shi'ite-led government, backed by U.S.-led air strikes, has been trying to push back the Islamic State since it swept through mainly Sunni Muslim provinces of northern Iraq in June, meeting virtually no resistance. Last week, the army broke a months-long siege of the country's largest refinery north of Baghdad, but Islamic State fighters continue to take territory in the western province of Anbar. REUTERS

Killed

50

Kurdish officials estimate 50 Islamic State fighters may have been killed out of a force of 400.

ADVERTISEMENT

Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "RadiofrequncyNeurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequncy waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

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Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

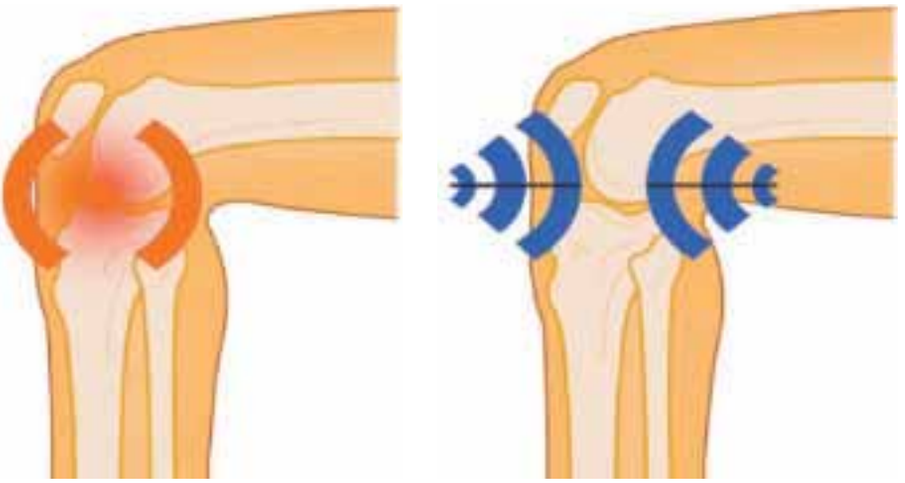
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and and even more expensive.

OsteoRelief Center believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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Grand jury

Anxious Ferguson waits for decision

After a fourth straight night of low-level protests in Ferguson, Missouri, anxious residents still did not know on Sunday when a grand jury would return a decision on whether to charge a white policeman who shot an unarmed black teen to death.

It appeared that the St. Louis suburb, which has become a flashpoint for race relations since the shooting, would have to wait until at least Monday and perhaps longer for an announcement.

The grand jury adjourned and was to resume meeting behind closed doors on Monday, the Wall Street Journal reported, citing an unidentified St. Louis County official. Reuters could not confirm that report.

Preaching at the Greater St Mark Family Church, the Rev. Tommie Pierson urged the congregation to pull together as a community. "The power to get what you need is already in our hands," he said. "You live in a democracy; you must participate."

Looking heavenward, Pierson said: "You alone know what the grand jury will do. You alone know what the marchers and demonstrators will do. We ask, oh God, for your protection." REUTERS

AN OFFICER PUTS BARRICADES AROUND THE BUZZ WESTFALL JUSTICE CENTER IN CLAYTON, MISSOURI. / GETTY IMAGES

Panel

12

Media reports had suggested the 12-member grand jury panel would have a decision by this weekend. There have been nightly rallies and a high-profile law enforcement presence.

GETTY IMAGES

Western New York

Dig out begins as area braces for flooding

The area around Buffalo, New York, braced on Sunday for potential flooding as warming temperatures began to melt heavy snow.

Feet of snow

7

Seven feet of snow fell in a record snowstorm last week. Roofs collapsed and some people were stuck in their cars for more than 24 hours when the heaviest snow fall in memory hit areas of New York state along the Great Lakes. The November storm system, dubbed the "Knife Storm," lasted for three days.

National guard

650

More than 650 members of the New York National Guard were in Erie County and Buffalo to help with snow removal and flood prevention, and hundreds of volunteers fanned out over the city to help dig out homes still buried in snow. Recent rain compacted high banks of snow and made it heavy to dig out.

Deaths

13

The storm claimed the lives of 13 people. "The focus right now is still snow removal. There's a lot of snow still on the ground and the key is to get rid of snow especially around drains so that water doesn't back up," said Eric Burr, public affairs director for the Division of Military and Naval Affairs for New York state. REUTERS

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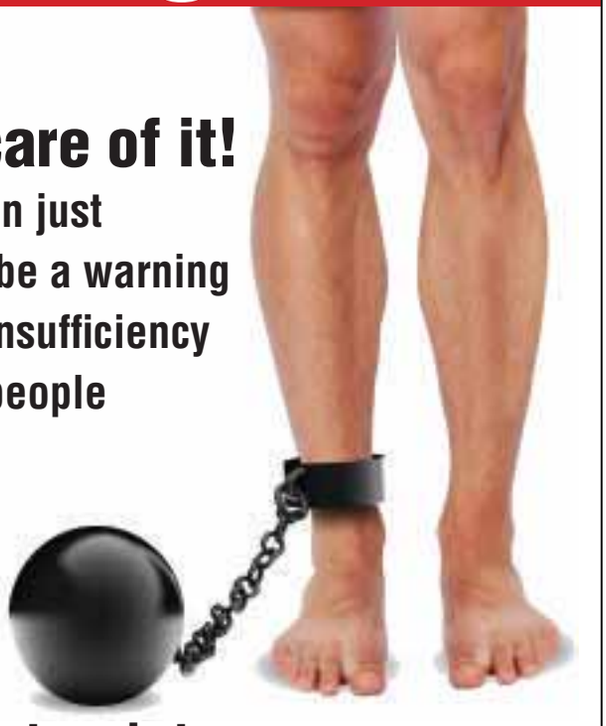

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University of Virginia suspends fraternities in sex assault probe

Campus. About 21,000 students are enrolled at the University of Virginia.

The University of Virginia was founded in 1819 by Thomas Jefferson. / GETTY IMAGES

The University of Virginia is suspending all fraternal organizations until January after a magazine article described in detail an alleged sexual assault that occurred on the campus, the school said on Saturday.

All fraternal organizations and associated social activities will shut down until Jan. 9, the beginning of the spring semester, so that students, faculty and alumni can address sexual assault and sexual violence on campus, said Teresa Sullivan, president of the prestigious state university, located in Charlottesville, about 100 miles southwest of Washington, D.C.

"I write you in great sorrow, great rage, but most importantly, with great determination," Sullivan said in her statement posted on the university's website.

Sullivan's statement did not detail what the suspension entails. School officials were not immediately available for comment.

The announcement comes three days after Rolling Stone magazine published an article that detailed the alleged sexual assault of a freshman female by seven men at a Phi Kappa Psi fraternity in 2012.

Sullivan called for anyone with information about the assault to call the Charlottesville Police Department.

The article also described the party atmosphere at the school where students are held to a standard of being "studious by day, wild by night." REUTERS

Quoted

"The wrongs described in Rolling Stone are appalling and have caused all of us to re-examine our responsibility to this community." Sullivan

Schools

86

According to Rolling Stone, the University of Virginia is one of the 86 schools under federal investigation for its handling of sexual assaults. It is also one of 12 schools under a compliance review by the Department of Education's Office of Civil Rights.

Tension. US troops to remain in the Baltics and Poland next year

Troops in Lithuania / GETTY IMAGES

The United States will keep troops in Poland and the Baltic states for at least the next year as tensions with Russia remain, the commander of U.S. land forces in Europe said on Sunday.

Several hundred U.S. troops were deployed in Poland and the three Baltic states of Lithuania, Latvia and Estonia earlier this year after Russia seized Ukraine's Crimea region in March. The deployment was part of Washington's efforts to reassure the nervous eastern European allies that NATO would offer protection from any Russian threat.

Originally planned until the end of this year, the "persistent presence" mission of overlapping units on rotation is going to continue, Lt. Gen. Frederick Ben Hodges, Commanding General of U.S. Army Europe said in the Lithuanian capital Vilnius."There are going to be U.S. Army forces here in Lithuania, as well as Estonia and Latvia and Poland for as long as is required to deter Russian aggression and to assure our allies." REUTERS

Middle East

Suicide bomber kills 45 at volleyball match in Afghanistan

A suicide bomber detonated his explosive vest in a crowd of spectators at a volleyball match in Afghanistan on Sunday, killing 45 people, a provincial official said, as foreign troops withdraw from the country after more than a decade of fighting.

Mukhles Afghan, spokesman for the governor of Paktika province, said at least 50 more were wounded in the attack in Yahya Khel district, where residents had gathered to watch a tournament final.

He said most of the casualties were civilians.

No one immediately claimed responsibility for Sunday's attack. The spokesman said around 50 more people were wounded.

Casualties were high because the crowd was so dense, since people had come from nearby districts to cheer on their team. No other details were immediately available because of the remoteness of the location.

The Taliban and other jihadist militants have unleashed waves of suicide attacks in Afghanistan this year as foreign forces pull out after 13 years of war. REUTERS

Troops

12K

About 12,000 international troops will remain in Afghanistan next year to train and support Afghanistan's security forces.

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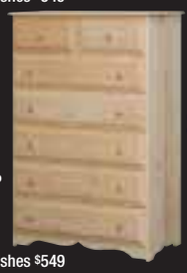

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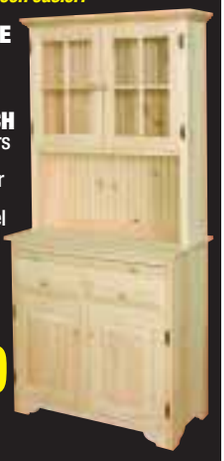

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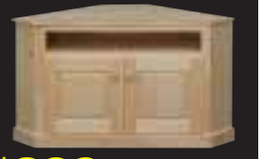

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Talking shop

Try these phrases when asked to justify your major

If you're planning to go into law, business, engineering or med school, chances are you're getting praised for making a "smart" career decision.

Those of us who have chosen a degree with blurry career opportunities, such as a Bachelor of Arts, are most likely used to getting puzzled looks from relatives and friends.

"So what can you do with that degree?"

"Are there enough jobs in that field?"

If you're sick and tired of having to explain why you're pursuing your passion, here are a few responses you can keep up your sleeve.

Don't let things get awkward when talk turns to careers at dinner.
INGRAM PUBLISHING

1 "Any type of education is valuable." No matter how irrelevant your major may seem compared to the "real world," you have spent four years learning about a specific discipline, and there will be jobs where you will be needed.

2 "I have employable skills. I just need to find the right opportunity — like everyone else." No matter what major you choose, just about every educational process teaches you critical thinking, research methodologies and coherent writing skills. And these tools are valuable to any job out there.

3 "I'm working on that now. Do you want to check back with me later?" Although it is a good idea to think about your options, you shouldn't dwell on it throughout undergrad.

Talentegg.com is a job board and online career resource for college students and recent graduates.
TalentEgg

Globalization. An in-depth look at students from abroad

Students from across the globe have been drawn to American colleges and universities for generations, but little has been written about the impact these temporary residents have had on their schools and the country at large. A new report by the Institute of International Education takes a deeper look at these students, who now number over 20 million.

Here are three intriguing things the researchers found:

The financial impact of international students is considerable.
PHOTODISC

1 Nearly one out of three international students is from China: Chinese students are increasingly heading to the U.S. to further their education. Since the year 2000, the number of Chinese nationals enrolled in American universities has quintupled, and they now make up 31 percent of the international student population.

2 The students' economic impact has also skyrocketed: Because many international students don't qualify for financial aid or other scholarships, they often end up paying full tuition. The IIE found that in the last decade and a half, the amount of money these scholars have put into the economy (through tuition, books, travel and housing) has tripled — going from $9 billion in 2000 to $27 billion today.

3 International students are rarely unique on campus: While foreign students were often very rare on campus decades ago, that is no longer the case. There are currently more than 230 colleges that are each home to more than 1,000 foreign students.

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Paperwork

Stat

517

The number of colleges that use the Common Application

The new application would be aimed at the country's brightest students. / CREATAS RF

A group of selective schools want to create their own college application

Each fall, thousands of aspiring college students fill out the Common Application — a single form that allows them to apply to over 500 colleges and universities across the country. But a group of some of the most selective schools in the country are working to create their own application that they hope will attract the brightest high school seniors out there.

The Chronicle of Higher Education recently discovered that officials from Harvard, Princeton and Yale, as well as representatives from other highly selective schools, formed a committee earlier this year to create a rival to the Common Application that would help schools "enroll the very best and most diverse freshman classes they can."

The Common Application was heavily criticized last year when users encountered several glitches and technical problems while filling out their applications.

But this new application reportedly won't be particularly common. The Chronicle notes that the current proposal would only be for private colleges with considerable financial aid budgets and public universities with high graduation rates.

The new application could be available as early as next year. LAKSHMI GANDHI

History maker. This college freshman just became the youngest legislator in the country

While many 18-year-olds look forward to Election Day because they are able to cast their first-ever vote, the recent election was special for Saira Blair.

The 18-year-old West Virginia University freshman was looking to win a seat in the West Virginia House of Delegates.

Blair — who was born on July 11, 1996 — ran on a strictly conservative platform that was pro-guns, pro-business and anti-taxes.

In a way, she's joining the family business: When she takes her oath of office in January, she will be joining her father, Craig Blair, in the House of Delegates. She will be balancing her legislative duties with her class schedule at West Virginia University, where she is studying economics and Spanish.

"I actually had a couple of geology classes this morning," she told Politico in an interview the day after her win. "It was fine, just like any other day of class." LAKSHMI GANDHI

Saira Blair / BLAIR FOR WV

The election

Blair's journey

In May, Blair had her first political victory when she beat a two-term incumbent in the Republican primary (later that month, she reached another milestone when she graduated from high school). On Election Day, she won her seat by a landslide, beating out 44-year-old Democrat Layne Diehl with more than 60 percent of the vote.

Quoted

"I actually had a couple of geology classes this morning. It was fine, just like any other day of class." Saira Blair, the day after her victory

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How to have a great Thanksgiving on campus

Visit **Metro.us** to learn how you can make a pumpkin pie from scratch.

Tips. Flying solo over the holiday break doesn't need to be a downer.

For many college students, Thanksgiving is a much-needed break to head home to the comfort of family and homemade cooking. But if you'll be staying on campus over the break, not to worry! You can still have a fun Thanksgiving in the dorms.

The first thing that comes to mind when you think of Thanksgiving is food, naturally. It's hard to prepare a turkey with all the fixings when all you've ever attempted is microwavable dishes, so here are a few simpler recipes you'll be happy to gobble down.

Explore the city

Be a tourist

Seize the opportunity to see the off-campus world. New York City is filled with historical sites. Why not take an hour or two to enjoy them?

Downsize

Instead of attempting to shove a whole turkey into your common-room oven, cut your turkey cutlets for your main course. Just sprinkle some garlic powder or pepper onto your cutlets, and set the slices in a frying pan. Cook for about 10 minutes until the inside of the cutlet turns white. Then, voila! Your main course is all set.

It's possible to have a fun (yet unconventional) Thanksgiving in a dorm. / PHOTODISC

Mix and mash

Potatoes make a simple yet tasty side dish. Peel and cut up the potatoes and put them in a pot of water. Bring the water to a boil and drain. Then it's time to mash, which not only will make this dish melt-in-your-mouth smooth, but it is a great way to de-stress during your mini-break. Then just add some butter — the more the better.

Have some fun

Food is fantastic, but it tends to disappear faster than one would like. So it can't be the only thing you have on your to-do list.

1 What to watch Get yourself into the seasonal spirit with "Planes, Trains and Automobiles," "Home for the Holidays" and, if you're feeling a little mopey, "A Charlie Brown Thanksgiving." You might find yourself thankful to have some peace and quiet far away from your family.

2 Where to go After not leaving your futon or bed during this movie marathon, it's the perfect time to sign up for a 5K run. Most areas have some version of a "Turkey Trot." As it will get you moving and interacting with other people while burning off some of the calories you've consumed, it's a win-win.

3 Remember to give back Given the story behind Thanksgiving, this week is also a wonderful opportunity to volunteer in the community. Check in with your campus community service office to see if your school is participating in a food drive or help out at a local soup kitchen for the day.

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JAILBIRD CAKE / GOOP

Gwyneth Paltrow fires back at 'jailbird' Martha Stewart

In possibly the most stuffy, Hamptons-bred move yet, Gwyneth Paltrow and Martha Stewart have apparently decided they're going to play out their ongoing feud with the WASP-iest weapon of all: clever recipes. Last month, Stewart presented a selection of holiday pies in her magazine with the headline "Conscious Coupling," a dig at Paltrow's awkward divorce announcement. So Paltrow's camp has fired back now by posting a recipe on Goop for "Jailbird Cake," apparently a dig at Stewart's time behind bars. "The folks at Goop know how to have some fun too," a source tells People magazine. "If Martha served up the appetizer, the Jailbird Cake is just desserts." We're sure they're both home cackling over a cup of organic herbal tea.

ALL PHOTOS GETTY IMAGES

Andy Cohen outs Kevin Spacey

Bravo honcho and "Watch What Happens Live" host Andy Cohen probably shouldn't expect Kevin Spacey on his show anytime soon, at least not since Cohen implores Spacey to come out of the closet in his new memoir, "The Andy Cohen Diaries: A Deep Look at a Shallow Year." Cohen recounts running into Spacey — who has dodged questions about his sexuality for years — at the U.S. Open in 2013. "Kevin Spacey was in front of us with what looked like a face full of makeup and three male companions who were definitely not raising any questions," Cohen writes. "I still get enraged when I think about him talking about being in love with that woman on '60 Minutes.' Come out, sir."

Cohen. Inset: Spacey with long-term (ex) girlfriend Dianne Dreyer

Natalie Dormer wants more male nudity on 'Game of Thrones'

The HBO hit "Game of Thrones" isn't known for modesty when it comes to nude scenes, but at least one of the show's stars thinks there's some imbalance in exactly what flesh is on display. Simply put, Natalie Dormer wants to see more man meat next season. "Well, during the first season, [co-stars] Alfie [Allen], Richard [Madden] and several of the men got naked — although not all the way," Dormer, who also stars in the new "Hunger Games" movie, tells The Daily Beast. "I think 'Thrones' has been better than your average show with the equality, but they could definitely ramp it up. Absolutely." Should we start a petition or something?

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
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Daily video

HULU

'Back Home Ballers'

The ladies of "Saturday Night Live" are at it again, bringing hip-hop realness to their visit home for the holidays. Like last year's epic "(Do It On My) Twin Bed," the new "Back Home Ballers" features the show's solid female cast-members — along with guest Cameron Diaz — going big and going home. It's just what you need to get psyched up for this week's Thanksgiving visit.

2 CULTURE

Twitter feed

Today, Jaden Smith knows what girls like, Willow Smith is giving another dissertation, John Stamos is pondering, Kristin Chenoweth misses her dog and Jim Carrey is looking out for you.

@officialjaden: Girls Don't Like Gentlemen

@OfficialWillow: love is the only thing we can perceive that transcends all dimensions

@JohnStamos: Pregunta? Are there so many successful dating websites because relationships often don't work out? Hmmm.

@KChenoweth: I will tell you. When I miss my dog. My heart actually breaks.

@JimCarrey: I wish you all freedom from self concern.

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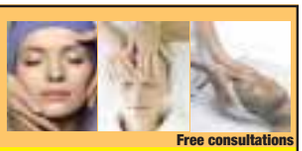

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Take a trip with the 'Booze Traveler'

Interview. The Travel Channel's latest covers the real reason we travel — to sample all the different kinds of booze the world has to offer.

"Booze Traveler" premieres tonight at 10 p.m. on the Travel Channel with a trip to Turkey. / TRAVEL CHANNEL

What's your dream job? Even if traveling the world learning about different national drinks isn't No. 1 on your list, it's probably on there. Lucky for Jack Maxwell, that's just what he gets to do as host of the Travel Channel's new show, "Booze Traveler." The South Boston native has gone all over the world, from Mongolia to Peru, to learn about national drinks and customs. The resulting hour-long program begins tonight, with each episode focusing on an individual country.

JACK MAXWELL
TRAVEL CHANNEL

In your time in Southie, did you work in any of the big bars in the neighborhood?
I worked in most of them on Broadway, but it's probably not what you think. When I was a little kid, I asked for a shoe shine box for my birthday, and I got it. So I would go into bar rooms and shine shoes until I left there at just about 13. I would listen to these guys and their great stories and I realized how these normal, average, everyday, blue-collar people transformed when they had a couple of cocktails. I learned about alcohol's magic socializing effect — the lubrication that it provides to help us, at least in this case, be who they wanted to be.

Had you traveled much before this?
I go to some of these places for the very first time and I have real, true experiences and reactions to that. Like most of us, before I'd go to these places, I'd have ideas in my head of what it might be like, and I was never right. Never. It was almost always more adventurous, wonderful and spectacular than I thought — or it was just different than I imagined it would be.

Taste test

Strange brews

What was the most unexpected drink you faced?
Spit beer in Peru was very unexpected.

What's spit beer?
Pretty much what it sounds like. The women of the tribe get together. They chew up this potato-like thing, because there are 330 varieties of potato in Peru, so this is one of them, and they spit it into a big bowl, and then it ferments, and then you drink it. ... And I think frog in a blender was certainly unexpected.

Where was that one?
That was also Peru.

What's frog in a blender?
I'll give you a guess, and I bet you'll be right. They skin a frog right in front of you, throw it in a blender and hit puree. And then they add molasses, moonshine and tree root for taste, and other things. And you see this frog swirling around, crunching up, and I don't want to be graphic, but, it's that.

Any other really unusual drinks?
Every civilization, every culture has found alcohol and learned how to make alcohol from something. We make it from fruit, or grain or herbs, but in Mongolia they have none of that because nothing grows in the Gobi Desert. Instead, they have camels. They milk them and turn the milk into vodka. On the other side of the Gobi, there are only horses, so they milk them and turn the horse milk into vodka. I did both.

You milked a camel?
I'm not proud, but I did.

Did the camel hold still?
Not really. He was not happy. Not happy at all. I had to move her kid away. The kid had two udders, well, I had two. ... But I milked it. I wasn't as lucky with the horse, because horses are a little pickier about that.

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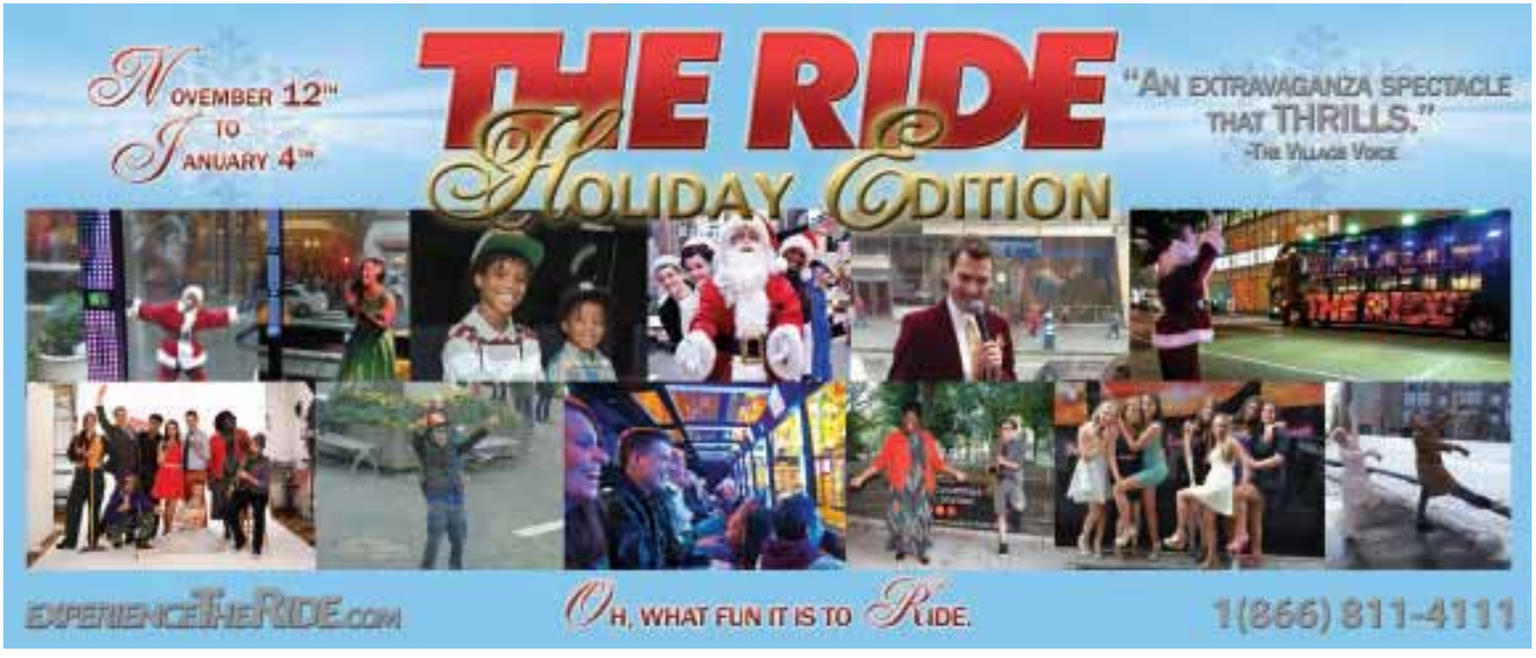

TV watch list

Going by this photo, tonight's "Sleepy Hollow" will also involve a very tense round of Hide and Go Seek. / FRED NORRIS, FOX

DRAMA

'Sleepy Hollow'

Abbie and Ichabod decide they've had enough of weekly monster fights and decide to go after the big baddie himself, Moloch. But the Headless Horseman could still get in their way. **9 P.M., FOX**

REALITY

'Dancing with the Stars'

We're down to only four finalists, and another pair gets eliminated tonight! On the plus side, they get to go home for Thanksgiving and eat all they want without worrying about it affecting their performance, so it's not all bad news. **8 P.M., ABC**

MOVIE

'Up'

Depending on how much crying you can handle on a Monday night, maybe skip the first 15 minutes of this Pixar classic, but tune in for the rest of the adorable adventures of a crotchety old man, his wilderness explorer pal and an enormous tropical bird.

8 P.M., DISNEY

TALK SHOWS

'Jimmy Kimmel Live'

The last time Jennifer Aniston appeared on Jimmy's show, he made her act out some "Friends" fan fiction with Courteney Cox and Lisa Kudrow. Maybe tonight he'll have the sequel, and the guys from the show will be there. **11:35 P.M., ABC**

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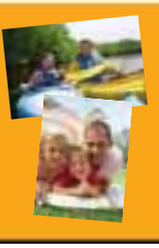

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Box office. 'Mockingjay' ever so slightly disappoints by making 'only' $123 million

"The Hunger Games: Mockingjay — Part 1" tallied $123 million in ticket sales to top weekend box office charts and score the year's biggest U.S. opening, according to studio estimates.

The third installment of the blockbuster "Hunger Games" franchise starring Jennifer Lawrence added a further $152 million at overseas box offices for a global opening weekend tally of $275 million.

"Mockingjay" took in $17 million at Thursday night showings for the year's best Thursday total, but the film fell short of industry forecasts for about $148 million through Sunday.

The first "Hunger Games" took in $152.5 million on its opening weekend in 2012, according to Boxofficemojo.

In "Mockingjay," Lawrence plays Katniss Everdeen, the defiant young archer who becomes the face of a mass rebellion in a dystopian post-apocalyptic society.

Donald Sutherland's evil President Snow doesn't have a very intimidating surname. / MURRAY CLOSE

Lionsgate, the studio behind "The Hunger Games" series, split author Suzanne Collins' final book in her science fiction trilogy into two movies, with the next set for release in 2015.

The latest chapter received "fresh" ratings from two-thirds of reviewers in aggregator site Rotten-tomatoes, while audiences gave the film an A-minus rating.

Walt Disney's animated action film "Big Hero 6" was second, with ticket sales of $20.1 million for the three days from Friday through Sunday, pushing its three-week total to $135.7 million.

Director Christopher Nolan's space adventure "Interstellar" was third with $15.1 million at U.S. and Canadian box offices. It has taken in $120.6 million since opening on Nov. 5.

Last weekend's top movie "Dumb and Dumber To" fell to fourth with $13.8 million in ticket sales. David Fincher's hit "Gone Girl" took in $2.8 million to round out the top five.

REUTERS

Top 5 earners

1. **'The Hunger Games: Mockingjay — Part 1'** $123 million
2. **'Big Hero 6'** $20.1 million
3. **'Interstellar'** $15.1 million
4. **'Dumb and Dumber To'** $13.8 million
5. **'Gone Girl'** $2.8 million

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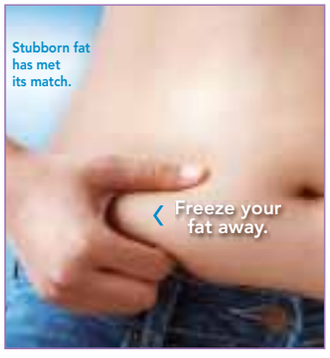

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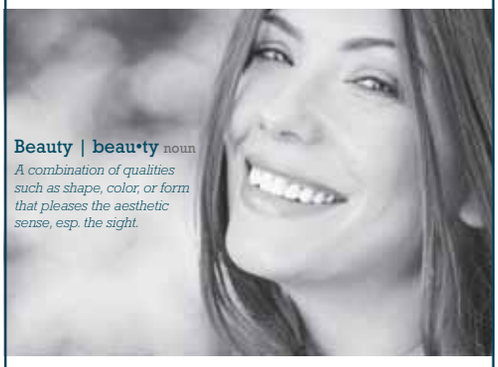
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Meryl Streep and Jack Nicholson won't grow old together in "Heartburn." / PROVIDED

'Heartburn'

Netflix Instant

Mike Nichols, who passed away last week at 83, was a man of diverse talents — a comic who became a theater and film director, and excelled at all three. Even the films he made were all over the place: His debut, "Who's Afraid of Virginia Woolf?", is very different from its follow-up, "The Graduate" (also on Instant). Neither are like "Heartburn," his 1986 take on Nora Ephron's scathing romana-clef. Meryl Streep plays an Ephron-esque food journo who watches as her power couple union with a Carl Bernstein stand-in (Jack Nicholson) crumbles spectacularly.

When he started out,

Hulu

JACKIE CHAN IN "POLICE STORY" PROVIDED

'Police Story'

No one queues up Jackie Chan movies for the stories, so we won't bother explaining the one in this 1985 benchmark. All you need to know is it's the one with the big, climactic mall tussle, which features him making funny-violent poetry out of a clothing rack and other shopping fixtures.

Netflix Instant

'Nebraska'

Epix caught some heat not long ago when it aired a color version of Alexander Payne's estranged father-son road trip film. Admittedly, the intended black-and-white looks too digital, but it still makes fine use of drab Midwestern locales — a fine backdrop for a taciturn geezer (Bruce Dern) to torture his sad-sack son (Will Forte).

Nichols was one of the most progressive stylists in Hollywood. A couple failed projects led to a shocking eight-year hiatus from movies, minus a Gilda Radner performance film. When he returned, with the Streep-led "Silkwood," he'd calmed down considerably; the remainder of his work was subdued, even deceptively plain. Where he really flexed his muscle was in tone. He had the right mix of humor and sensitivity to nail Ephron's funny-painful account of being suddenly single. Watch it with someone you hate.

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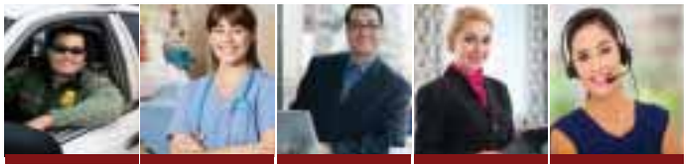

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Meet the maker of the year's coolest vampire movie

Interview. Director Ana Lily Amirpour talks about "A Girl Walks Home Alone at Night," skateboarding in a chador, J-Law and Lionel Ritchie.

Sheila Vand plays a hipster Iranian bloodsucker in "A Girl Walks Home Alone at Night," out now. / KINO LORBER

ANA LILY AMIRPOUR
WIREIMAGE,

Filmmaker Ana Lily Amirpour is of Iranian descent, was born in England and was raised in Miami and California. Appropriately her debut feature is a mash-up: "A Girl Walks Home Alone at Night" is a vampire Western romance set in a fictional Iranian ghost town but filmed in Taft, California.

The first image that came to her: "The first thing was the chador. I put it on and I felt like a creature. I felt like a badass — a superhero. I thought this had to be about an Iranian vampire. It was so immediate and direct. And I wanted to ride a skateboard wearing it. The fabric of those chadors is this very specific-weighted, satiny silk. It moves and catches the air in a really elegant way. I just wanted to feel the wind pass through it. It feels as glorious as it looks."

On Taft, about two hours northwest of L.A.: "It's in another decade — not a close one either. It's in another decade and another dimension. But there's more of that than there are [cities]. We're the ones running around, but there's more of them than of us."

The difficulty of talking about one's films: "Do you like the song 'Hello'? It's a great song. But if I was going to meet Lionel Ritchie, I wouldn't say, 'Mr. Ritchie, who did you write that song about?' I wouldn't need any information from Lionel Ritchie to have the experience I have with the song. I just wonder why it's not the same thing with a film. In the end, what the film is there for is for each person to see something of themselves in it, rather than something about me. The questions people ask have more to do with the people asking them than my answers."

That time she half-joked that Jennifer Lawrence should star in her next film, "The Bad Batch," which is a "cannibal love story" in color and in English: "I love her. She's magnificent. But I'm not actually into the movie star thing. I'm going to make the next Jennifer Lawrence — how about that?"

Bonus question

Why she made it about Iran: "It's as Iranian and as American as I am. It's a mix of things. It's an Iranian fairy tale about loneliness and wanting a connection in a really bleak place. It's who I am. I feel the film is a very accurate representation of my cultural experience."

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Kim Schneiderman's book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

A friend recently criticized me for being a gossip. And while it's kinda true, is it really so bad? How can I hurt someone else if they don't know what I'm saying? And doesn't everybody do it?

Taylor Swift may have gossip swirling around her all the time, but unlike the average person she also has endless ways to dispel a rumor. Or she can just write a thinly veiled song about it. / GETTY IMAGES

Eleanor Roosevelt once said, "Great minds discuss ideas; average minds discuss events; small minds discuss people." One can only wonder what she would have made of two recent sociological studies.

One posits that two-thirds of all conversations are about other people, whether it's dishing dirt, expressing likes and dislikes or sharing personal anecdotes. The other suggests that gossip maintains social order by keeping people from stepping out of line — in other words, hearing about other people's mistakes helps you learn what's socially unacceptable and avoid similar missteps, like dating known cheaters or doing something that might get you fired.

Despite such studies, I can't help but agree with the late first lady. First, social conformity is overrated. Some of history's greatest artists and inventors were major rule-breakers (think Bob Dylan and Steve Jobs). Second, and more important, gossip does more damage than good in the realm of relationships.

The subject

Gossip leads people to make assumptions about a person based on limited, second-hand information that may exclude critical details about extenuating circumstances and motivations. The danger is that people may jump to erroneous conclusions.

The listener

Hearing gossip colors how the listener views the person being discussed. One possible outcome is that the listener may decide not to seek out a social or professional connection with someone they might otherwise like if they had been given the chance to form their own, unbiased opinion.

The gossiper

When you diminish another person, especially to make yourself look better, you're really demeaning yourself. Plus, people may stop trusting you with personal information.

Sure, many people indulge in gossip. Even I can't resist a juicy morsel from time to time (though it always leaves a bitter aftertaste). Yet "everybody does it" has never been a good reason to do anything. Next time you feel tempted to dish a little dirt, consider where it will land. Will it cause more harm than good? Then, find something more worthwhile to talk about.

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Health notes

Kissing transfers 80 million bacteria

On the face of it, this doesn't seem like the most romantic fact about kissing.

Before you pucker up, keep this in mind: Smooching for 10 seconds can transfer as many as 80 million bacteria.

In a recent study out of the Netherlands, researchers questioned 21 couples about their kissing behavior and frequency of intimate kissing. From there, the study subjects' mouths were swabbed, revealing that couples who kissed more frequently shared similar salivary germs.

Researchers concluded, somewhat romantically, that the more a couple kisses, the more alike they are in terms of their mouth bacteria.

"Intimate kissing involving full tongue contact and saliva exchange appears to be a courtship behavior unique to humans and is common in over 90 percent of known cultures," lead author Remco Kort said in a statement.

Couples are more alike than they realize — even on the microscopic level. / LIGHTWAVEMEDIA

Meditation shown to benefit breast cancer survivors

"Mind over matter" is a saying that seems to get tossed about freely about most any obstacle, whether the challenge is mental or physical. But new research is trumping up the legitimacy of the mind-body connection.

In a recent study, 88 Canadian breast cancer survivors were split up into three groups: One participated in mindfulness meditation, another took part in supportive talk therapy, and the third completed one six-hour stress management seminar.

When compared with the women in the meditation group, the others demonstrated advanced cell aging.

The researchers theorized that breast cancer survivors who practice mindfulness meditation may be reaping the benefits at a cellular level.

"[Mindfulness meditation] is about being more present in the moment, rather than dwelling on the past or worrying about the future," said principal investigator Dr. Linda E. Carlson.

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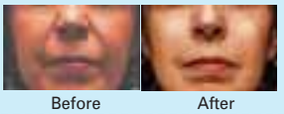
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Inside HR

VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of "Big Career in the Big City" and on-air host of "Score That Job."

HOW TO DEAL WITH A HORRIBLE BOSS

If you're among the 84 percent of global workers who think you can do a better job than your manager, per data from a Monster survey, you're not alone. But what happens when your boss is firmly intact in his or her role and you feel stuck?

As "Horrible Bosses 2" gets released this week, we're reminded of the plethora of wretched bosses right down to Jennifer Aniston's role as a seducer boss. The good news? You're never truly trapped. Here are a few ways to get yourself out of a horrible situation.

You don't have to feel hopeless at work. / HEMERA

How to spot one

There are a few red flags during the interview that your boss will be a stinker. See if they're punctual for the interview; do they respect your time? If they don't give you their undivided attention during the interview, don't expect to ever get it later on.

Do they provide you with clarity regarding what it takes to succeed on the job? Do they demonstrate anger toward employees? Keep an eye out for red flags.

How to ditch one

If your boss seems horrid after you're hired you have some options.

The first is to find a new job. The wrong boss can make your job and life miserable, killing your self-esteem. Look internally and externally. Your success and happiness at work ultimately point to who you work for.

Your next option? Deal with it and hope that you or your boss gets promoted or transferred.

If the situation crosses the line to harassment, another option is to sue, but it's not so easy. Employment attorney Albert Rizzo explains, "Today it is very easy for a prospective employer to check on a prospective employee's litigious background — and if there is an employment suit in the background, it may close the door on any potential hire."

Ask for help

What about HR?

Another option that is typically dead-end involves human resources. Yes, HR is technically the watchdog of the organization to serve this very purpose, but in reality, it's not effective in this role. Politics come into play and there's gray area when it comes to proof.

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Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. There is money to be made. Talk to your financial adviser and go over your options. It will take diligence.

♑ Capricorn | Dec. 22-Jan. 20. Steer clear of anyone who is looking for a donation or handout. It's important that you look out for your best interests.

♒ Aquarius | Jan. 21-Feb. 18. Find a market for your skills. Follow your passion, whatever it is. Networking and research will help you discover how to bring your talents to the forefront.

♓ Pisces | Feb. 19-March 20. Rely on a loved one to help you see your situation clearly. Don't jump at the first opportunity. Take your time.

♈ Aries | March 21-April 20. You are known for your generosity, but you will have to learn to say no if you want to avoid money problems. Give your time, but nothing more.

♉ Taurus | April 21-May 21. Love is on the rise. Make plans that could help you meet someone new or let you get to know an interesting party a little better.

♊ Gemini | May 22-June 20. If someone is looking for more than you are willing to give, it may be time to rethink the connection.

♋ Cancer | June 21-July 22. It's important to recognize and appreciate what you have. The chase for bigger and better things can make you lose sight of the present.

♌ Leo | July 23-Aug. 22. Your hard work will pay off. A get-together will give you a welcome break and provide an opportunity to brag about your progress. A challenge will excite you.

♍ Virgo | Aug. 23-Sept. 22. Too much idle time will lead to boredom. Start a new hobby. An older relative will offer insight that will help you move forward.

♎ Libra | Sept. 23-Oct. 22. Pick up the pace and lift your spirits. A short jaunt to an unusual destination will give your mind something new to think about.

♏ Scorpio | Oct. 23-Nov. 21. All work and no play will hinder you mentally and physically. Focus on activities that will help you rejuvenate. EUGENIA LAST

Sudoku: Easy and hard

7	2	1				5	3	
				7	1			9
			6			8		7
	7	2						
9			3		6			4
						6	8	
2		4			7			
8			4	3				
	6	7				3	4	1

		3	2					
	1		5	7				2
		7				1		
3	7	8	6	4			1	
1								6
	9			1	5	3	4	7
		1				6		
8				2	9		7	
					4	2		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

The time is ripe to negotiate

Re: 'Immigration plan lawful, Obama says' (Metro, Nov. 21-23) Give 'em hell, Mr. President! He did what he had to do, since the Republican House was unwilling or unable to do anything. This whole sordid saga reinforces the old adage, "Those who can, do; those who can't, bitch" — which is what the Republicans will do for the rest of the year — and then some.
RICHARD ZIEGENFUSS, VIA EMAIL

President Obama wants to suspend deportations of undocumented immigrants, such as those who have children who are U.S. citizens, which seems a humanitarian thing to do. If he had acted when Democrats controlled both houses of Congress, he could have passed a comprehensive immigration bill then, so the present impasse is his own fault. So let the Republicans allow a temporary suspension of deportations, and in exchange, Obama will OK the Keystone pipeline, roll back oppressive EPA regulations that Republicans hate, etc. In other words, Mr. President, you can't have your own way all the time, so do some negotiating.
GEORGE CHRISTIAN JR., VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Bleach bottle
4 Ski lift (hyph.)
8 Replies to an invite
13 Tarzan's title
14 Sarah — Jewett
15 Coldly
16 Vegas rival
17 Picnic dessert
19 Write back
21 Near the stern
22 Shoulder enhancers
23 Poet's black
25 Minority group
27 Reveals
31 Napped leathers
35 Rush off
36 Dog plaints
38 Baha'i devotee
39 Pac-10 team
41 Get some rest
43 Miniblind part
44 Nostalgic look
46 Pine for
48 — — glance
49 Spanish kingdom
51 More wilted
53 Indiana neighbor
55 Fictional pirate
56 Ollie's partner
59 Tool set
61 Urbana 11
65 Famed alchemist
68 Far East land
69 Perfectly timed (2 wds.)
70 Cut some slack
71 Waffle brand
72 Try a mouthful
73 A memorable Scott
74 As well

Down
1 City near Granada
2 Large vases
3 Scowl
4 Water-ski gear
5 Bikini half
6 Wall pier
7 Reduces sail
8 Tire support
9 Kings' staffs
10 "Home Again" host Bob
11 Go slow
12 Thesaurus wds.
13 Distinct period
18 66 and I-80
20 Online auction
24 "Country Grammar" rapper
26 — bono?
27 Kirk's lieutenant
28 More genial
29 Greek letter
30 Zoom
32 The One-L Lama
33 Related to mom
34 Raga lute
37 Grills a steak
40 Shipmate of Jason
42 Vowed
45 Aah's companion
47 Caroler's tune
50 Running shoe name
52 BB shot
54 Helped the Tin Man
56 Leopard feature
57 Blue Nile source
58 Orbit segments
60 Bygone despot
62 Othello's betrayer
63 Canceled, as a launch (hyph.)
64 Equal, in combos
66 So-so mark
67 Capitalize on

Weekend's answer

W	A	D	E		L	A	I	D			X	E	N	A
R	E	A	M		A	S	N	E	R		R	A	I	L
E	R	L	E		R	H	I	N	E		A	C	L	U
N	O	I	R		V	E	T		M	A	Y	H	E	M
			G	M	A	N		Y	O	G	I			
S	P	H	E	R	E		P	A	T	E	N	T	L	Y
N	E	R	D	S		S	U	R	E		G	A	L	A
E	S	A			S	I	G	N	S			M	A	W
A	C	R	E		P	R	E	S		T	H	E	M	E
D	I	S	Q	U	I	E	T		D	O	O	D	A	D
			U	R	L	S		C	A	M	E			
D	A	N	I	E	L		G	Y	M		D	A	B	S
I	M	A	N		E	L	E	N	A		O	R	E	O
R	E	N	O		D	O	R	I	S		W	I	S	H
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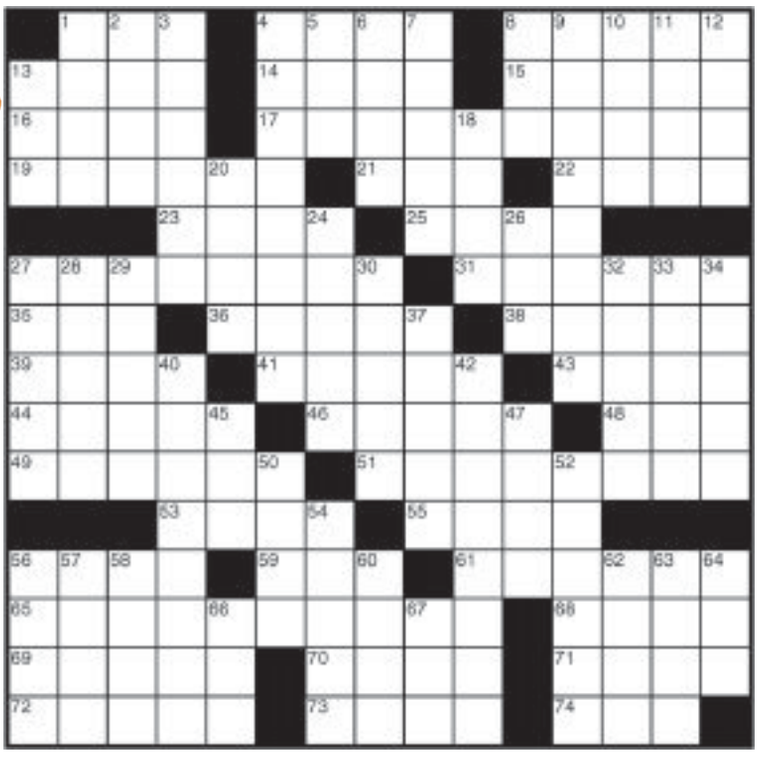

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3 SPORTS

MLS

Red Bulls fall to Revs

The steam might be running out of the Red Bulls' playoff ship as they suffered a 2-1 home loss to the New England Revolution on Sunday in the first leg of the Eastern Conference Finals. The Red Bulls had 18 shots on goal compared to just eight for the Revolution, but New York was unable to capitalize.

Visit **Metro.us** to read about the tall task the Red Bulls now face.

Pryor waiting for second chance in Jets' secondary

NFL. Jets rookie Calvin Pryor was benched in favor of Jaiquawn Jarrett.

The life of a first round pick carries some unreasonable expectations. For Jets rookie safety Calvin Pryor, those expectations have now led to a hard fall. It's a fall he promises to rise from again.

Earlier this month, Pryor was benched in favor of Jaiquawn Jarrett, who registered two interceptions, a sack and a recovered fumble in his first start of the season. It was a performance that garnered Jarrett AFC Defensive Player of the Week honors and now it looks like Pryor may have a spot on the bench for a while longer.

Anointed a starter in the preseason before he was truly ready, Pryor now has to stand and watch while the unheralded Jarrett — cut once already in his career — takes his starting spot.

"I admit that it isn't easy. It's not," Pryor told Metro. "You don't want to take a backseat. You want to be out there playing, working. Humbling? I don't know about that. It's part of the process, though.

"It's making me better as a football player. ... It is tough, but at the same time, when you watch, everything slows down. You can really see what's going on. With me being a rookie, being thrown into the fire, now I can sit back and see where I can make a change."

An NFL scout tells Metro of Pryor: "He's a good player, but he has lots of work to do. Calvin Pryor can play at this level, [but he's] not very comfortable in open space, but he can grow into that role ... he's not there yet. Can he be? I think so. But he needs time."

For now, Pryor has no choice but to sit and watch.

"I was ready for the moment, I still am," Pryor said. "[I] had a relapse. I need to come back, play with a chip on my shoulder."

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Calvin Pryor has struggled in his rookie season with the Jets. / GETTY IMAGES

Surprise MNF

The Bills and Jets will tangle at Ford Field in Detroit on Monday (7 p.m.), due to last week's snowstorm in Buffalo.

- The game will be broadcast locally on CBS.
- A number of free tickets were offered by the Detroit Lions over the weekend and by late Sunday afternoon the game had been sold out.
- Several scalpers outside of Ford Field were selling formerly "free" tickets for up to $125, according to ESPN.

Around the NFL

The Packers are finally back in the driver's seat in the NFC North as they took care of business against the Vikings and the Patriots ripped the Lions.

- **Packers 24, Vikings 21**
  Packers running back Eddie Lacy is getting hot at the right time as his 125 yards rushing on 25 carries allowed Green Bay to pick up a road win. Lacy had a touchdown run and a touchdown catch.
- **Patriots 34, Lions 9**
  For the third straight game, the Patriots (9-2) dominated a possible contender as they bashed the Lions (7-4) in Foxboro. Julian Edelman had a team-high 11 catches for the Patriots and Tim Wright found the end zone twice. LeGarrette Blount, who signed with New England just this past week, carried the ball 12 times for 78 yards and two touchdowns.
- **Eagles 43, Titans 24**
  The Eagles (8-3) led the Titans 17-0 after the first quarter, and while they allowed Tennessee (2-9) to hang around, the game was never truly in doubt. LeSean McCoy led the way for Philly, rushing for 130 yards and a touchdown on 21 carries.

Eddie Lacy was dominant against Minnesota on Sunday. / GETTY IMAGES

- **Browns 26, Falcons 24**
  Brian Hoyer was picked off three times and finished with a 52.3 QB rating but the Browns signal caller conducted a seven-play, 61-yard scoring drive with 44 seconds left to lift Cleveland to 7-4.
- **Colts 23, Jaguars 3**
  It's safe to say that Colts wide receiver T.Y. Hilton will remember Nov. 23, 2014, for the rest of his life as he caught four balls for 122 yards and a touchdown just hours after his wife gave birth to a baby girl.
- **Seahawks 19, Cardinals 3**
  The Seahawks (7-4) broke out of their midseason funk Sunday, not allowing a single touchdown to the Cardinals (9-2), who no longer have sole possession of the best record in the league. The Seahawks defense limited Drew Stanton to just 149 passing yards.

SOME BURT REYNOLDS LOVE AND SOME WIKIPEDIA HATE

Playing the field

MATT BURKE
MATTHEW.BURKE@METRO.US

Ashley Judd is currently the most notable celebrity college sports fan in the nation, as she's a huge Kentucky basketball honk. But make no mistake — Burt Reynolds invented the "celebrity alumni" game.

Reynolds, who once played halfback for Florida State, showed up at his alma mater Saturday to plant the symbolic "spear" at midfield ahead of FSU's narrow 20-17 win over Boston College.

It shocked many people to see just how frail the 78-year-old Reynolds has become, but remember that he is a captain on a "really, they're THAT old?" team that also features Jack Nicholson (77), Vince McMahon (69) and Pete Carroll (63).

Burt Reynolds "plants the spear" at Florida State this past Saturday.
GETTY IMAGES

It was another strange day for FSU, as Jameis Winston shoved an official and wasn't ejected and Matthew Thomas hit BC's Josh Bordner and was ejected. In the end, the Seminoles again found a way to win and remain undefeated.

The Evolution of Wikipedia

What's up with the Wikipedia hate? It's easily the most underrated site in the history of the Internet. It gets a bum rap for being a fountain of misinformation, but I find that it's quite rare in which someone is burned. The site has drastically improved its editing measures over the years. This past week in the sports world, we saw a couple episodes of Wiki-bashing. First, ESPN analyst Keith Law got into a Twitter fight with fellow ESPNer Curt Schilling regarding evolution. Law referenced a Wikipedia article about transitional fossils and Schilling shot back with a Tweet that read, "Keith you are seriously going the Wikipedia route?" (Law was suspended from Twitter by ESPN, seemingly because of this exchange, but the Worldwide Leader says that's not the case.) Then, on Saturday, as ESPN College GameDay broadcast from Cambridge, Massachusetts, ahead of Harvard's 31-24 win over Yale, there was a sign in the audience that garnered a good amount of attention, reading: "Yale cites Wikipedia."

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LEGAL NOTICES

NOTICE OF FORMATION of Little Kobi Bear, LLC. Articles of Organization filed with Secy of State of NY (SSNY) on October 8, 2014. Office in New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 300 E. 75th Street, Suite 3F. NY, NY 10021
Purpose: any lawful activity.

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 129 West 28th Street, Rooftop, New York, NY 10001 for on-premise consumption. Stix Chelsea 28, LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1282226 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 77 Mulberry Street, New York, NY 10013 for on-premise consumption. Buddah Bodal Two Kosher Vegetarian Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1282187 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 800 Lexington Ave., New York, NY 10065 for on-premise consumption. 800 Ginza Sushi Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1282218 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 59-06 Kissena Blvd., Flushing, NY 11355 for on-premise consumption. A+ Chinese Restaurant Inc.

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